

A N  
ALARVM  
F O R  
LADYES.

BY THE SIEVR DE LA SERRE,  
Historiographer of France.

*Newly turn'd out of Franch into English,*  
by FRANCIS HAWKINS,  
*dravving on to the tenth*  
*yeare of his age.*



A P A R I S,  
Chez NICOLAS & LEAN de la COSTE,  
au mont S. Hilaire, à l'Escu  
de Bretagne.

---

M. DC. XXXVIII.



See here th<sup>e</sup> effigies of a Child whose witt  
 So farr outstripps his yeares & rudenes throng.  
 That at Ten yeares he doth teach with what's fitt  
 For their behaviour from a forraigne tongue





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TO THE RIGHT  
HONOURABLE  
**EDWARD**  
**SAKVILE**

EARLE OF DORSET,  
One of his Majestye's most  
Honourable Priuy Councell,  
Knight of the Noble Order of  
the Garter, and Lord Cham-  
berlaine to the Queen's Ma-  
jesty, &c.



IGHT HONOURABLE,  
Truely; though  
I am vnder tender yea-

res: yet my ambition fore's so high, as to call your Excellence the Patron of this my Treatise. My low degree, then myne age, to censure strictly, alas, suite not properly, to offer vp aught in this nature vnto your Honour: Deigne though in your benigntie, to connive at this my boldness: for vvhich I cannot produce expresse defence: vnless this may agree vvith your propi-

tiuousness, that it may not  
seeme vnto you amiss, to  
bee honour'd by each  
one, even from shrub to  
Cedar.

*Right honourable,*

I take my most submissiue leaue

*Your honour's*

*devoted Servant,*

FRANCIS HAWKINS.





## THE PREFACE.



GENTLE READER,

The first Treatise I presented the vvith, vvvas of good behaviour. I had thy candor, favour, and honour, as a benigne receiver, of that my labour: vvvhich encourag'd mee to vvvaite on thee againe, vvwith another of an higher straine, and of a rarer nature, allso of a more vsfull matter. It vvvas a Formulair of Compliments to bee expressed by voice, and Missiue Letters, the one, and th' other reduc'd vnder their proper Titles.

In my Preface there annex'd, I said; that I vvould present thee vvwith

another Piece , and make my Posy  
one , compil'd of three. Behold heere  
my just tender . Though this each  
vvhere agree not vvith thine eare : yet  
mayst thou heerein discover theise ti-  
mes vice even in perspicuous cypher.  
Fare-vvell.





A N  
ALARVM  
FOR LADYES.

*The first Dayes Worke.*



WAKE yee, Ladyes,  
awake yee, at the  
dreadfull sound of  
this Trompet. It's  
thesummon of your  
apparance in the name of God,  
to that inevitable judgment, such  
is it, to which all human Nature

A

must obey, must bow: It's a judgment that astonisheth the most innocent, and causeth the most just to fighe, yea rather through feare to tremble.

Awake yee, forsake your, though nice couthes speedily, come yee out of them, as if they were no other, then your graues, where the worrne of your consciences doth deuoure yee; Heare attentiuely the last time, the finall decree of your safety or loss, your liues, or deaths.

Open your eyes to this dolefull light of the Sunne, which this day sendeth his beames soe bright into your chambers, which I may well enstile dolefull; for who well knoweth, whether each streame of this Planet, bee



F O R L A D Y E S. 3

not a funerall torch, which surroundeth your beds, as your first coffins : since that our liues haue not in proper one sole moment : Surely, it were to much purpose to number your yeares, the bells call on yee to the buriall of one of your company, much yonger alas! then are yee.

How is it possible! that in the proper posture wherein yee lye, yee once reflect not on your deatnes, on your last end? Behold yee stretcht forth at lenght, to your vttermost extents, in that self same linnens, which likely will serue yee in lieu of your winding sheetes. It's well indeed, that yee can breath as yet, this witness of your liues is the signe of your deatnes; since that each respiratio doth

denote a minute of the clock of your lungs, vntill the last breath, the last sigh, make yee know, the last hower of your retireits. And as all your other actions necessarily returne thither ; can yee bee sensible of life , without feeling your selues to dye, and dying void of thinking , that the self same day which by grace hath been lent yee, may by justice bee your very last : where you must render a strict account of each moment, which haue fore-run even from your births ?

At the lenght ; behold yee risen : but wherewith doe you entertaine your pretious time ; yee make your address vnto your looking-glass , and giue your selues the first, therein , by yee the day is

F O R L A D Y E S. 3

given over to the good morrow,  
to all th<sup>e</sup> inchantments of your faire  
face, alas! It were requisite,  
that some one, or other, should  
whisper in your eares, as it was  
formerly to the wife of Mithri-  
dates, *Sooner, or later death will at-  
tend on you, it will come inevitably:*  
Is it credible, that your bloods  
even frozen with feare, and hor-  
rour, become not changed into  
very ice, where ruines may bee  
plainely discovered by the entice-  
ments whereby yee appeare ido-  
latresses? This mighty, as vnhappy  
graced by beauty, made caresses,  
and homage, as doe too many  
others of yee to her face, in her  
lookinglass, alas! even when  
shee was tould: that she must dye,  
there was newes indeed!

How is it now Ladyes? doth not one daily sing the self same song vnto yee? were yee happy of the least memory, it would certainly cause yee to reflect seriously, that there are very many of your companions dead; and I can assure yee, that yee trace them apace.

Are yee confident to gaze on your faces with self delights in your lookinglasses ever: since that beauty dooth flitt daily, daily fade, and giveth it's adieu? Yee admire with eyes idolatrefs, not weighing seriously, that your selues are the sacrifices lay'd vpon the Altar. This world at the mercy of the Deuine justice, the officer of wick is Time, doth though by slow paces, vsher yee to death,

FOR LADYES. 7

where yee must endure eternall  
paines for your offences.

What curiosity see yee? what  
rare gemmes contemplate yee on  
in the lookinglasse, that there yee  
stay so long? Maketh it shew vn-  
to yee, that your foreheads are as  
smooth as glass? alas! The one,  
and other hath deceiu'd yee farr:  
Your foreheads couth their wrin-  
kles vnder the vaile of your owne  
arts, for yee daily paint them;  
And besides, your lookinglass,  
which flattreth yee, by a new de-  
uise of the cunning artificer, who  
to oblige yee doth decypher yee  
such as yee would bee, not the  
same yee are: what novelty ad-  
mire yee now? your eyes? It would  
ever grieve me, if they overflow  
not in teares, to deplore their mi-  
series.



Is it your mouths? It suffiseth mee to know: that they can not vtter words of more validity: then are theise which declare, and divulge the trueth of your calamities. And for your tinctures, delicateness, they impose on me charitable silence, fearing to wrong them by the 'sole aire of my breath.

Can I not impose silence with patience, on my self as yet, that yee may rest in peace, since that yee are seriously intertained so; Where there are found more dreames: then grounds, then reasons, which I must needs beleieve? Were yee awakened: then would re-found the direfull Trompet, which call's yee to the day of Doome: where each one must appeare in proper

FOR LADYES. 9

proper person; and answere for himself in particular.

Set before yee now the confusion, and disorder yee shall bee brought vnto. Is it not likely, that yee will blush for shame: as often as yee haue lay'd white on your faces? will they not become pale with feare, as often as yee haue lay'd on them, red? therein, yee will betray your selues, publicly discovering the secrets of your guilty slights.

I excuse Narcissus in the fable, where as it's found that there hee became his own enamoured, the adorer of himself. How was hee deceived? Alas poore Narcissus!, thou never didst discover thy self in that guise, and manner: But how can one pardon yee? or in

any wise conniue at the errours found in yee, of the like nature? Can yee make the least question of your defects: since that yee are fully fraught with them? And for your forgettfulness of your miseries: it's strang! What yee fe'ele a thousand times a day, can not butt make yee confels: that yee are not pasted of aught else, nor formed of any other matter.

Awake yee then speedily, redeeme your selues out of this earthly sloth, wherewith your soules are burthned, are indeed heavily oppressed, and lending an attentive care vnto the dreadfull sound of this Trumpett, which summoneth the Vniuers to judgment, ponder seriously. that it

FÖR LADYES. 11

giveth not a vaine warning: since that each moment, an infinity of soules, come thither in troups. See in what case yee would bee found: if death should surprise yee even then: when your faces are painted, your phantasies charged with vanities, and your soules soyled with a thousand kinds of crimes: Oh God of justice, who will not feare thee, at the day of thy vengeance?

Believe me Ladyes; since that your death's are inevitable: since that yee must expressely dye indeed: sollicitously note your daily demeanours. It seemth to any one, who observeth the care which yee employ on your faces: that you live for them onely. The fairest of your company, who

yesterday dyed suddainely to day  
affrighted her vassals, and though  
yee bee tender to maintaine her  
former beauty: yet I assure mee:  
that yee desye to come nigh her  
without stopping your noses.

Enstyle yee those horrors gra-  
ces which appeare on her face?  
those her eyes suncke? those her  
wanne lippes? I tell yee truely;  
that hew of death, that it's tin-  
cture, would as it where even  
make mee hate your sexe: were  
I not a fruite of the same tree;  
The rootes, and body of the tree,  
are of the self same stamp; The  
leaues and flowers, are of the self  
same nature, there is not a pinne  
to choose.

To apply my self more nigh  
vnto yee, I will state it thus; that



FOR LADYES. 13

there is amongst yee one, who is the flower, the mirrour, the wonder of this age, what honour, what lucre, what returne of profit will hence accrew vnto her? were it that one sing her praises in each tongue: there will not be found aught; but aire in diuers fashions. Should one erect, and consecrat vnto her Altars: she must bee the sacrifice, for having been the Idole. Were it that shee could impose lawes to all mortalls; she can not exempt her self from beeing subject to all their miseries. Were that courtly Fortune led her by the hand, to the height of thrones: the self same may occasion her to fall, into the precipice of a lamentable prison, there to dye through greif; as it

was to Darius his wife. It's gone further; namely; that her renowned beauty, had the vantage in the judgment of many ages; what then? where may be found her advantage therein? A thousand honours will be ascribed unto her. What will the world render unto her, where shee is no more, nor ever shall be? and likely shee shall then burn in Hell, there to remaine eternally. Her body I say, shall be food for wormes. Her soule, for the flames, and sometimes her name, and fame shall be celebrated heere below. Where lyeth the honour now? My spirits doe suffer, in these contemplations, through their concei'd feare, and astonishment.

Ladyes; in what a miserable

FOR LADYES. 15

condition are they ; who solely haue beauty, for their share, for their part ? What rate set yee on beauty alone ? I say it's no other: then to haue a gay posy of flowers, wherewith one may deck, and dress one's self trimmely in the morning, during the space that they are fresh: butt about noone, indeed so soone one leaueth the regard as well of the flowers : as stemme: even so, at the approach of night, this admired object, (the self same ment) is misprised of the Vniuers.

Truely what soeuer is say'd; I find nothing good but Vertue: the rest passeth by, and vanisheth. One of tall, and comely stature stoopeth. A cleere voice changeth. And a polite wit sometimes loo-

seth it self through Vanity. Vertue is it, which is solely stable, solely permanent on it's one ground, never giving vs over to our ruine.

Bee yee then Ladyes, since so yee will needes haue it, as faire as was Cypris say'd to bee in the fable: yet yee will gaine but an apple for your recompense. Admitt yee bee as beautifull, as was Lucretia famed to bee in the History, yet dyed shee through greif. All the beautyes, who haue appeared on the earth, since the instant of it's hauing beeing, make but à hillock of it's gross dust. It's vertue solely which lead's vs beyond our tombs.

But whither goe yee now so well accoutred, so neatly dressed?

F O R L A D Y E S. 17

sed? If it bee to Confession, to make that desseigne your good morrows; since that it's the first Sunday of the moneth: then reflect how yee haue prepared your selues. In lieu of examining your consciences before a Crucifixe; yee haue been curious to enquire the state, and being of your faces before a lookinglass.

Yee goe to craue pardon for your offences, and a new transgress yee, in the same which calls for justice. Yee part I say from the Confession chaire to the Altar, there to receiue your Saviour with soules more disposed to offend heere after: then resolu'd to repent of what is passed in your former liues. Is not this to crye for vengeance against your selues.

○ Me thinckst I see the rare sainct Francis to appeare with that perfect charity, which enflamed him on earth, and by the self same fire wherewith the Seraphins are surrounded, and entertained happily in Heauen, and yet hee thought himself vnworthy to take vpon him the order of Preisthood: Yet will yee bee so audacious, so shameless, as to receiue your owne Creatour with impure mouths, and prophane hearts; the sole thought of this crime, doth put my spirits out of frame, caused through confusion, and astonishment.





A N

# ALARVM

## FOR LADYES.

*The second Dayes Worke.*



Warne yee Ladyes, in  
the name of God, for  
it's himself who giveth  
yee notice: that yee nei-  
ther know the day, nor hower,  
when this Trumper, which cal-  
leth yee to his judgment will gi-  
ue the last summon. How is it

C ij

with yee? Thinck yee it not amiss,  
to pass the moity of your ages in  
dreames, and folyes? Yee sleepe  
with soules as black, as Hell;  
what repose can yee enjoy at the  
cue of your everlasting restlesnes?  
The Heaven; though insensible,  
quaketh for horroure, at the cla-  
mour, the great noise of this  
Trumpet. The earth; though im-  
mooveable, doth thence tremble  
for feare; The Angells themselues  
in their purity, and all the Saints  
jointly in their innocence, are  
touched with astonishment; all-  
though they are not capable of  
feare: and yet yee sleepe, during  
the time of this publique alarum's  
being: which fright's all Nature.  
Awake yee speedily, and prepare  
your selues to render an account,

FOR LADYES. 21

even of the least idleword which  
yee haue let fall.

Ah! how out of frame yee are;  
when yee wake, it seemeth to  
me: that yee haue set by to dye  
in shew, yee will dye now in  
earnest. Let me see how it is with  
yee? Yee are at a bay for feare,  
and dread. Oh! how profitable  
would theise agonies bee found  
vnto yee: if yee would ostenti-  
mes vndergoe the paines to ap-  
prehend liuely God's judgments:  
but your spirits auers'd from so  
serious thoughts, are the cause  
of your missprise thereof, with-  
out reflecting on your loss ther-  
by, that's à pittie, alas!

I perceiue, that yee are risen  
to dresse your selues, and yee are  
never vnready to deck your bo-

dyes repleat with infections: but  
forbeare a while I pray: then look  
out of the window; there's a spec-  
tacle for yee to meditate on, that  
stinking carcass, which is carried  
to be buried, the same with  
whom two dayes since, yee con-  
tested with for beauty, it's now  
as yee see, borne to the tomb;  
and yee will follow it thither: it's  
but a pace before yee; it's not  
knownen as yet wether yee arriue  
all three together thither: This  
dreadfull Trumpet soundeth day-  
ly, and yee trace the ground in-  
cessantly, and run the self same  
race. Obserue a right how it doth  
agree to judgment: that yee bee  
seen buried in the way, one whi-  
le; to frille your haire for to hide  
your nitts; another time; to make

FOR LADYES. 23

white your teeth, those little bones : whose least infected, ruineth your graces, and thus much is in favour of your bodyes: which apparantly doe putrify; and hence the wormes expect their prey in this world, and the infernall spirits in the other. What is the benefitt which your soules doe reape by the graces of your faces? Thinck yee; that at the hower of your deathes, your Confessour will demand of yee, how many yee haue enthrall'd, enchained, and made your slaues? No no, but at larg, namely; how long it hath been, that yee haue employ'd your time in so vnhappy a beeing at such rate, in so miserable a state: There is no further talke of your excellent per-

sons your rares faces ; their graces shall possess no places , no more shall they domineere: your soules onely shall pleade their causes, God grant that they want not plea to obtaine their suites.

O how faire is the employment of this second dayes entertainment ! it's passed off in admiring , and tricking your selues, meaning thereby to tempt and attrap weake persons to idolatrise! But , alas ! I find yee farr , more simple yet. It doth appeare , that yee labour onely to advance and advantadg the fiends of Hell : since at the dayes end , they cary with them away all your spoiles. Further ; heerevnto adjoine their conquestes of your selues. It's confess'd , that yee are ritchely cloth'd,  
that



FOR LADYES. 25

that there can not bee added  
aught to the stately curiosity  
which serue, as a new lustre to  
your enticements: But whither  
bend yee your way so nicely deckt?  
if it bee to a Comedy.

Ah! how Cleopatra, that young  
Princess; representeth a dolefull  
personage, on the stage the Thea-  
ther of her marriage, in the Tra-  
gedy of King Philip her deere  
husband's death, for she dyed,  
by the same stroke of misfortune,  
which caryed that great Monark  
to his tomb. Shee was as faire as  
are yee. How comes it to pass:  
that yee are happyer? She was as  
yong as yee. What reason haue  
yee not to apprehend her misery,  
her misfortune sensibly?

The Trumpet which cited yee

D

to death, and judgment, soundeth incessantly, thither doth each one make their recours in troupes, and croudes. Who can assure yee, that yee shall not appeare there this very day: since that yee make your way as fast as the rest? Is that a reposed life, is it to possess tranquillity, to perceiue your selues dye without your beeing prepared for death? will yee expose those things to so great a perill: Which yee can not loose but once? Yee liue not but for Eternity: for the life of this world is not properly a life: and yet yee let pass your time without reflecting, once thinking of Eternity, which will last as long as God Almighty.

What? will it not turne to your

FOR LADYES. 27

reproach: that on Earth yee shall  
bee found to haue donnie nothing  
else, but dress, and deck your bo-  
dyes of earth? Oh! what a rare ex-  
ercise would it bee: if so your  
soules were of the same matter!  
Oh! the sweet entertainment: if  
it were not expressly necessary to  
dye! if so one were to liue for e-  
uer: but; daily to liue the cue of  
an eternall los, and passing all  
the time, to the dressing, and dee-  
king of your carcasses; by conse-  
quence it must follow: that Hell  
will bee your recompense.

Notwithstanding what heerein  
is fore delivered; behould yee pass  
your time, in seeing a Comedy at  
the Burgugnion house: but know  
yee not, that yee there act your  
parts, and are at the end, of each

interclude, giving occasion of laughter and scorn to all the sage Democrites, for the vaine employments of your times? yet it is expedient, that I extract your gaines, out of your losses. Atleast thinke yee; during this your entertainements of time; that the world is a Theater, where even now yee represent those persons whom God hath endowed for Eternity: Doe yee well or ill; yee shall not appeare but this time solely on the Theater, yee play your parts for ever, the Angells, and the Diuells are your lookers on, expecting the end of the last act, whence yee are to receiue praises, or reproaches, I meane recompense, or chastisement.

Yee haue a faire petition to

FOR LADYES. 29

deliver, descended from the Theatre into your sepulcher. Oh! giuevs leaue to rise againe, wee will liue better then in former times wee haue. The intercludes are passed. The play is ended. The candells are extinguish'd , each one shall receiue his guiderdon , according to his merit, and for an Eternity. O fearfull judgment! But what's more dreadfull yet, is that the Trumpet doth summon yee thither amongst the disorder wherein yee liue : I leaue yee to consider heere on seriously.







A N  
ALARVM  
FOR LADYES.

*The third Dayes Worke.*



*A P P Y* are they,  
vvhho rest in our Lord  
Ladyes then a  
yee : for ac  
to the star

I find yee, your faces  
are as black as possi  
though your faces!

white. Behold yee are bridled vnder the chinne, as are little infants with a mask lined with waxed linnen to fright them.

Oh ! how would yee bee amazed, if yee must necessarily appeare before God Almighty within a moment, to vndergoe the Sentence of his judgment? Which of either, ought to bee more deere vnto yee the beauty of your bodyes, or your soules healthes? Your bodyes, conceiued of corruption, and borne vnder the imperfection in which they liue, can they eleuate themselves, to make comparifon with Angles, created by the hand of Almighty, through his charity, and for his

Yet

Yet and againe, Oh! prodigalls of misery, of infirmity, of meere weaknes indeed; who misprize nothing els but your soules safety; and are not passionatly tender for aught els, but for your bodyes. Them you adorne oftentimes, with new clothes, with nice robes; without weighing: that they consume all which they touth; and ruine all which decke them. Yee doe well to bestow on them haire to adorne their bald heads, with a perrewig. The wrinkles on their foreheads, make appeare atlength, the borrowed gally pot of roses, to shew vs clearely, the thornes wherewith their age is stated in.

Conferue your beautyes with the art of limbeck, renew your

teeth each yeare, hidet your limber, and flaggy breſts vnder a handkercher, allſoe ſhrowd ſomewhat, which may make them ſeeme round, and hard: the default of ſuch vprifings would bee valiew'd as a moſt apparant deformity; It would deſtroy all, Then; and Time, who trayleth along all things, who ſpareth none, maketh an other breach, ſuch a ruine; which can never bee repair'd: I referre it to your quickned, to your more liuely ſpirits hitherto drowned with ſleepe, to the recovery of your better reaſon long ſince ſtrayed; Whither this condition of life, which yee lead on Earth, can conduct yee to Heaven?

The third hower is even at

FOR LADYES. 35

hand, at it's period, in all which time, yee haue been mervailously serious, but in what? to put on your new clothes, and your bands according to the fashion; May I bee bold to enquire of yee what therein yee meane? If it bee to shew your selues at the Revells, and there to dance, make not hast. It was tould mee: that shee, who mooved for that meeting, is surpris'd by a continual fever, and the smale pox. Alas! what a chang of Medaile: Yet faile not to visite her. Her affrighting malady, will teach yee to despise the baits, inticements, and beautyes which yee valiew soe highly. Yesterday morning shee contended for the golden apple, with the fairest found amongst yee;

this euening the curtaine of her  
bed is drawen to hide her, for fea-  
re, least that shee hurt her ado-  
rers: Oh rare Beauty! It's to flat-  
ter thee too much, to compare  
thee to the wind, and to the  
smoke: for thou art (as it see-  
meth vnto mee) much less in va-  
lieu.

The Revells yet goe on, I mea-  
ne the dancing to which Nature  
even from your cradles invited  
yee, and to which, Time is the  
violin: for by it's continuall mo-  
tion, it trayleth vs all together,  
to our sepulcher.

I much doubt, least the aire  
of this dance bee dissonant to  
your eares: but how soeuer, yee  
must dance to it, there is no gai-  
nesay. Further; it's time must bee



FOR LADYES. 37

kept strictly, it's all in cadence,  
 it's musically compos'd indeed.  
 Oh! obserue well it's burthen,  
 there hath been much care em-  
 ployed on it: Each thing fliteth,  
 and glydeth without ceasing,  
 beauty leadeth in cheif, as the  
 most fraile most brittle. Yee may  
 plainly see your shares, your  
 lotts: yet must yee of necessity  
 pass the residue of the day in som-  
 what, which may seeme to please  
 yee: but I pray yee what is it?  
 Yee are euen now very busy;  
 Yee court your selues in the loo-  
 kinglass, as did the wife of Nero:  
 Oh! sayd this Princess, that I  
 might dye first: rather then haue  
 the least disfigure on my face;  
 shee considered not what then  
 shee did, how she liv'd, nor what

shee say'd : when shee dayly ma<sup>d</sup>  
de this prayer : that each moment,  
of each hower insensibly depriu'd  
her, and robd her, of parcell, of  
her rare beauty.

Ladyes, it's not expedient, that  
yee craue earnestly on Heauen,  
for that designe : since that , all  
the instants of your liues , are foe  
many secret theeues, who subtile-  
ly rob yee of the principall, and  
most curious enticing draughts of  
your faces , I say subtilely begin-  
ning in the bud, dawning, or ra-  
ther call it Sun-rising of your age:  
yet thereof , yee take noe heed.  
By serious attention on their a-  
ctions , is raised suspicion ; and  
hence are they partly detected to  
be theeues : but in the evening  
they are expressely found no less,

FOR LADYES. 39

then publick Pyrats, who cary  
with them all away, together  
with your selues.

Oh! is it not even so, what I  
now relate? that theise trueths  
ought to be sensible vnto yee; in  
such sort, and manner: as that  
yee should not euer meditate on  
aught else: since of such like se-  
rious, and tender speculations de-  
pend your safetyes? for if yee pre-  
sent vnto your selues this variabi-  
lity, this incessant circumvolution,  
wherewith all things heere be-  
low are chained, and to be bu-  
ried one after an other within this  
whirlepoole of Time, which de-  
voureth all, and that yee turning  
the other side of this medaile,  
would ponder: that soules onely  
are eternall, would it bee even

possible, that yee shall not bee fully taken vp with the loue of Eternity?

It's more then six thousand yeares, since the Creation of this World, and it scarcely seemeth to bee one day. It's very true; that what's pass'd, is suddainely forgott: But Ladyes; this Eternity, where God is the limit, and measure, is it which solely ought to entertaine all your affections, all your desires, and apportion all your hopes.

Bee yee pleased that even now I shew yee the meanes. It's alwayes to lend the cares of your phantasies most attentiuely; to this dreadfull Doomes Trumpet; where the share of your happy Eternity, or vnhappy, is to bee  
seen

seen determinatly. Hope not a jot for favour there. Iustice will beare the Scepter: Trust not to your consanguinityes or affinityes, your vertues will bee your fastest freinds; Yee haue a great catch of them indeed, yee haue a rare plea, to say: that yee are the daughters of a Prince, the wifes of Kings, and the mothers of Emperours: all these circumstances serue you to your sepulchers. Your works solely accomplish all your honours: or your infamy, all your felicityes: or your miseryes.

Oh! Ladyes, how it's to bee great persons, and happy on earth: yet there to pretend not aught. Those who are borne, who are destined for Heaven, naturally haue such a disgust of Earth: that

thereon they spinne out their time: as if they had no beeing there at all, still lifting vp their spirits, and their thoughts to this Eternity: as to the onely good, the sole Sanctuary. The fruition of it, is able to satisfy their desires completely.

O Eternity! thou art singularly gracious vnto mee: that thou receivest favourably my good intentions, my well meanings. I will never cease to meditate on thee. Oh Eternity! how benigne hast thou been to mee in particular, well may I say; in making mee applye, all the abilityes, all the facultyes of my soule, on the meditation, of thy longanimity; in so much: that I shall never haue other obiect then Thee, no



other sight then speculating on  
Thee. Doth it not follow neces-  
fairily, that I loue thee entirely:  
If I abhorre all that flyeth thee,  
that forsaketh thee? If I seriously  
misprise each transitory: am not I  
constrain'd to esteeme thee per-  
fectly? Let no man speake to mee  
but of Eternity: each crime, not  
returning to the same, displeaseth  
mee, nay rather; doth mee nota-  
ble injury. In a word; if there-  
bee any taken sensibly with aught,  
by how much the greater it is:  
the more doth it's excess menace  
vs of it's privation. Presuppse La-  
dyes, that in this world yee bee  
both faire, and ritch; It's much.  
But I pray tell mee, what is their  
permanence? Had I to dispose of  
an age: I would alow yee to en-

joy the full terme of it : But at the last moment ; what would remaine vnto yee ? What would accrew vnto yee ? your beautyes would not subsist : but in your owne transitory times , and your treasures though now possessed , shall bee farr from yee , as constrained to abandon them for ever. Your cases are thus ; all the goods of Fortune which yee enjoyed , changing their names , propertyes , and natures will afflict yee , to thincke of. It's truely even so : that it's solely Eternity , which can quenche our hearts continuall thirst.



A N

# ALARVM

## FOR LADYES.

*The fourth Dayes Worke.*



H A T say'd the  
wife of Rosidates  
to her self, with a  
voluble tongue,  
and very nimble,  
as passionate in-  
deed when she heard the dolefull  
Trumpet sound at her doore, fi-

F iij

gnifying vnto her the decree of her death, by the command of her brother King Hertodorus.

Oh! Ladyes, how much more dreadfull is that Trumpet which doth summon yee to God Almightyes judgment. This Rosidates liv'd, and dyed a Heathen: but yee, who are destin'd for Heaven, will yee pass your times on Earth, solely for Hell? It will soone bee noone by the watch of your liues, as well as by the town clock it self: Where is your dayes work? If in such sort yee pass the rest thereof carelesly, either sleeping, or besotting your selves, it will be found atlength: that yee liv'd here in this world no otherwise, then dreaming, and that in the other there, yee shall liue perpetually

awakened, amidst the heates of eternall flames, everlasting fire.

Perceived yee not clearly, that the Sunne the other day, blamed yee notably, and such like slothfull people as are yee? but yee never the less, will make it as your happinesse to sleepe and drouse. This starr, which measureth the moments of your liues, leaveth not a whitt to run his wonted race, his cours to traile yee to your graues.

Rouse your selves vp. Remember yee not, that yee are invited to a solemne feast of marriage? I must needes waite on yee; bee it but onely to obserue your carriadge. Il'e take notice of your vanities, and giue account vnto the world how fantasticall yee are.

Take yee your time to dress your selues; in the meane while, I'll contemplate somewhat, and also exercise my patience.

Let mee approach vnto yee nigher. To what vse are those gally potts of pomada, those boxes of powder, those violls of distill'd waters, and those papers of vermillion, which I see vpon your cabinets by your night dothes? Is it a part of art, which yee put in practise, to make yee seeme more faire then yee are, in despite of Heauen, and Nature? Oh! what bitter. Oh! what salt teares will these vanities extract from yee Ladyes. Bee it, that your Ladi-shippes haue the least leasure lent yee to repent yee.

It's to be granted: that your  
bodyes



bodies doe daily require the charity of pomada, of rare odour, to cover the defects of your teints. Your tresses can not hide their greasiness without powder. Your tawny-dusky faces after they have been made happy by the Alimbeck, expect the vermillion; least that their dead colour appeare not at all: but yee obserue not that yee labour to fill pots, which are perced; as did the Danaides.

Where shall one find Pomada, which may agree with yee, and contend with your stench? What is that powder, that can dry the clammy greates of your heads? What water can serue the fullness of your desires? And what vermillion can make appeare on your cheekes, which Nature hath not

50      A L A R V M

planted there? Thence yee discover plainly: that your actions containe in them solely vanityes, for their obiects. They rest vnto yee for your recompense. Oh what braue conquests! yee looke not after aught but airy toys; your heades are full of crotchets. Yee like nothing, but what is smoke, witness the teares discover'd on your eyes. See what is the fruite of the course of your liues, behold the guiderdon which doth attend yee at the end of your race.

Oh! how pretious was the Pomada of Saint Elizabeth, who made vse of it to perfume the feete, of whom? of the indigent! the poore! Oh! how odoriferous was the powder, and the ashes

FOR LADYES. 51

where Saint Marie the Egyptianne covered her head, the day of her penitence! Oh! how the teares of her repentance were rapt, and possess'd with Devine vertue; in so much as, her body, and her soule in an instant were embellished! Oh! how strang it is; the blush of her shame for her sinne, was farre more liuely: then what yee daily vse. Grant me this boone for my paines hither to seen, no less I beseech yee; to breake your lookinglass, which dayly flatter yee; nor ever take to yee other, then such as I deliver vnto yee heere.

Yet; thus much say'd, yee will keepe on your wonted wayes. Now yee are dress'd. Now at the feast, and suddainly will all

varietyes of sweetmeates bee seru'd in : there is the end. What I would put into your minds, is ; that all solemnityes haue but their times. On Earth , a feast is not to bee had : but of the fruits of its own garden ; and as theise fruites, haue nothing proper , but their corruption : even so that aliment from day to day, doth naught else, but increase your infections ; they can never satisfy your appetits. The succeeding day, yee will sensibly find the vanityes of your pleasures had at table : since that they vanish with the table cloth it self.

Likewise ; seriously ponder, when yee are amidst your jollityes : that the self same howers which yee haue employ'd in the

F O R L A D Y E S. 53

pampering of your carcasses, are registred in the scrole of their ruine, since that whither yee eate, or laugh, Time leadeth yee to your tombe.

Theise are the banquetts of Cleopatra, which are solemnely celebrated: though in shipps even floting: hence learne wee, that each where wee chang fortune, through the perpetuall decline of our liues, all our actions tend thither, what destroyeth vs, is ours in proper.

But to goe on; in conclusion; behold your retourne vnto your houses, the dance is ended, likewise the feast. Oh Ladyes! meditate a little space, but attentively I beseech yee humbly on this passage, this phantasyes, All theise

pastimes, theise wordly pretty toyes symbolize, are of the like nature with theise dances, and feasts, each of them flitte incessantly, it's sure that death approatcheth nigh howerly. Were all your dayes spent in the solemnityes, which frequently are found, when so that marriages are pompously celebrated. Oh! how direfull would your last day appeare vnto yee! since then must yee render account of your time past in laughter, and dance! Reflect a while how many are the dances, and feasts wherein you haue entertained your times; hence take counsaile secretly of your memoryes, then vse your judgments, and see, what is left vnto yee: yee shall never haue other for your plea-



FOR LADYES. 55

fures! And what? will it not bee reproach vnto yee; that yee sould your portions for nothing, which yee pretended for Heauen? I haue heard say, that Lyfimachus did exchange his Crown for a glasse of water: but when? Ladyes, obserue then; it was so with him at that time, when hee was even as it were reduc'd to ashes, by the same heate of thirst, which burn'd his entrailles, in so much as beeing in such plight, in rendring his dying spirit hee chang'd naught else but wind, but breath for water.

But to see how remissely yee giue over your pretensions of eternall consolations, of everlasting joyes for toyes, such I may truely terme them, which beare no o-

ther titles; then of meere depra-  
uations, of your phantasyes, of  
your imaginations. Where is that  
self affection whence yee seeme  
to become so passionate? Is it not  
to hate your selues: that you af-  
fect not aught else: but what  
doth flit? it's not it? when yee  
dye, what will bee left yee of your  
passed time, but a present greif,  
and too late; such; whose angui-  
shes will never cease?

Yee never dreame of other  
thing: then to enquire after new  
pastimes, to the ruine of your ti-  
mes. Alas! Nor consider yee a-  
right: that Time doth ruine yee?  
for in seeking to pass it, yee must  
find death. How so? is it possi-  
ble: that yee striue to pass over it,  
which so swiftly glideth by yee,  
as doe

FOR LADYES. 57

as doe your phantasies, light though they bee, they can not over take it. And what more seriously, yee ought to ponder, is, that all the time of your liues, hath for its terme, its limit a sole moment, on wich, though such, doth depend for ever, and a day your calamities, or your felicities; that's a misery in torment: which hath no end, this a blis in glory: which will be permanent, beyond all ages, illimited indeed.

Oh! how pretious are the contemplations, of the last period of our liues! How! is it so? that thou art not as inseparable to our soules: as is the shaddow to the body? Oh! how sweet is the memory of our death! Why is it so?

H

that our memory is not for the most part, in such sort all taken vp with thee: as that it never forget thee? Oh Deuine is the meditation on Eternity! Art thou not as sensible of our soules, as our respiration is of the preservation of our hearts? How Dauid liketh mee well, when hee cryed out aloud, that hee had often meditated, and that seriously indeed on the dayes for ever: where God Almighty is solely the light! Oh faire dayes! I wonder not: that yee haue no night: the Sunne which sheweth it self on yee is bright, and borroweth not it's light: no. Oh dayes most happy! say no more; or thus: I am not one whit astonished, if-so bee it that yee remaine for ever: the

FOR LADYES. 59

Planet which gaue yee a beeing,  
possesseth Eternity in cheif, in proper.  
Truely, my soule is extasyed,  
rapt as it were, in this sweet contemplation,  
with such singular content, it's in such guise as that  
really it hath no desire to be otherwise.

Ladies, in a word, it's so; that  
yee must arriue to the dayes end,  
and returne thither from whence  
yee came in the morning: for it's  
but one dayes iourney. Yee haue  
a fine time of it to bee lazing. The  
Sunne, who sendeth forth his beames  
for yee, will that yee goe as  
fast as doth hee.

Dance, laugh, sleepe vntill  
noone day; the shippe of your liues  
leaueth not it's cours, it sayleth  
evermore, incessantly on the

sea of it's proper miseries, onely  
by the wind of your respirations;  
it cannot stay it self: vntill it arri-  
ue, at the haue of the sepulcher:  
Ladies, it's the haue to which  
Doomes Trumpet doth summon  
yee. Take yee heed, least it bee not  
found a rock vnto yee: where yee  
may encounter too dreadfull a  
shock, the calamity thereby is for  
Eternity, and repentance vnpro-  
fitable. In good earnest, at what  
time soever I think of Eternity:  
nothing that's wordly, doth please  
mee. I am not bold to say so much:  
that each parcell of the Vniuers  
made such by a Sovereigne power  
and absolute from it, having it's  
soule, it's being, it's life, is not in  
it self admirable, and adorable in  
it's Creatour: but; as there are so



FOR LADYES. 61

many objects of change, or of corruption; my heart not well appeas'd, sigheth after the fountaine of the lesser springs as after it which is onely capable to quench the thirst of my desires. Ladyes, would yee but distast the world's pleasures, yee haue a ready way to fill your best thoughts, on the delights of Eternity: for such is the inequality: that common sense will lead: yee will suffice, to make yee misprize them, and earnestly desire theise.





A N  
**ALARVM**  
 FOR LADYES.

*The fift Dayes Worke.*



OME to my ayde,  
 my Lord, cryed our  
 Saint Hierome a  
 thousand times a  
 daye: I dye for feare  
 at the resound of that Trumpet,  
 which doth summon mee to thy  
 judgment.

Ah, Ladyes ; if this glorious  
Saint , amydst the deserts , and  
amydst the austerities of a life ,  
all devoted to pennance , found  
himself reduced at a bay , at a stand  
for feare , and dread : can yee fra-  
me with the vanities of the world :  
when yee doe but once meditate  
on the necessity of your deaths ,  
from which there's not one e-  
xempt ? This innocent doth trem-  
ble at it ! and are yee not aught  
sensible of it ? This harmeles quak-  
es ! persist yee senseless ? This  
just man , I say againe cryed out  
incessantly for help , and succour :  
though hee where soe pure ! yet  
will yee not bee awakened : though  
infirm , by the example of his a-  
stonishment ? Can yee take rest in  
the ships of your bodyes , and on  
the

F O R L A D Y E S. 65

the world's tempestuous sea's:  
without fore discerning that Time,  
who is the Pilott, puts yee  
one the shore of your sepulcher?  
Awake your selues then suddainely,  
and as your liues are but dreames,  
at your waking dreame againe  
what trades yee intend to vse,  
whilst yee are in this long Eternity,  
to which yee make your howerly  
approatch.

God hath giuen yee, and each  
one of yee, since the time, wherein  
yee haue been of reason a pencill  
in your hands, as to Zeuxis,  
that renown'd Painter, who painted  
according to his belecif, n'aught  
else but Eternity; this is a paterne  
for yee, such; as it sheweth yee:  
that all your works should haue  
for object, and ayme, no other

thing. In summe ; all which yee meditate on, say, and doe, is painted in oile colours of Eternity. I would yee vnderstood mee aright, all approacheth nay endeth correspondent, to the good, or ill, either to the glory of your happy Eternity, or to your vnhappy Eternity.

If yee dye, as yee liue, namely in bed vntill midday, what can I say? but that if so you play your time away, your laziness will depaint yee, and liuely expresse yee for Eternity : where endlessly yee shall suffer paines.

Although each one swill as hee will; it's but for his time, his dayes course, and at his owne expense. But one judgeth not of price of the good, or ill, or default in bu-



FOR LADYES. 67

finels, merchandize, else where, then in the other world. Prepare your selues to vndergoe the judgment.

Yee will even suddainely appeare dress'd, and trick'd according to the fashion of the time, and court: and how is't? Your feathers falling on your eares, vermillion on your cheekes, and flies on your chinnes. These are not in vaine vndoubtedly, their designs are to entrappe some one, or other: but at the dayes course run, it will then appeare vnto yee clearly: that yee haue made your selues whoopes, taking not the least notice of aught else, but vanity; as if yee had not thereof too much.

I waite on yee at your sally

I ij

from dinner, to your coach, it's to assist you tenderly, and with humble respect indeed, it's my duty, and to attend you seriously with my thoughts, in your walks, with intention to observe, whither your times intertainments prooue more vsfull: then delightfull.

It's necessary that I exercise my patience a while, vntill the horses bee harnessed, and put to the caroch: allsoe, yee must hauey our time to looke on your selues againe, while yee attire your selues with hoodes, and maskes. But oh! what simple imaginations entertaine your spirits therein? There you instruct your eyes the art to tyrannize, and with strang craft, to hurt many hearts, not refle-

Etting aught ; that your soules re-  
ceiue a staine , through the vaine  
lightness , which thence remaine  
in them : It's there I say , where  
you invent new lessons to allure-  
ments ; so farre as to teach men,  
to make your selues beloved, and  
ferred at once, and the self same  
time ; and covertly pretend : that  
yee attend no end , while therein  
none, alas! none. Obserue theisera-  
re designes; what doe yee medita-  
te on oftner? Let it bee that your  
black eyes with their vyes doe  
much hurt to day ; to morrow,  
one drop of rume indeed , will  
make them red, which will serue  
to cure the smarts, of those your  
former darts. How happily doe  
your courteous sweetness , with  
your graces, acquire loue, and feare

jointly. Whosoever they bee, that seeme to dye for yee, they loue yee not: it's ; for what? for their interests, not to bee spoken of here further. Thus much yet will I say: that they who court yee as sincere lovers, ground them selues on the expresse ruines, the vtter destructions of your reputations; and yee take it well, to make them feare yee. They care for nothing more: then to pass their times, in that entreprife, their delights, their sports.

But it seemeth no lesse vnto mee: then that yee take your way to the race, to the place in vse now a dayes. Oh! how vainely hunt you after toyes in this your walke, as to a publick faire where merchandise is set forth for each to buy?

FOR LADYES. 71

Would yee not say, that this yong simple fondling, cloth'd in green, who is like vnto tapistry, which yee haue seen frequently, hung before a doore, hath employed about her face all her whitening? Shee thinketh, that in beauty shee doth surpasse, the Vniuers. Alas! for pittie. I speake plainely to her now, not taking any notice, that her self-loue daily putteth on a hood to see at randome her defects. Shee, who would bee the beloved'st of many, in each doth moue pittie for such her folly. My opinion of her, is no other: then that shee is a gloweworme, who giveth light to many from a dunghill, the surface of which is all covered with snow.

What character shall this proud

piece beare? What may one's censure bee heere of this giddy one, who beeing possessed of n'ought else but of a bosome, maketh a shameless bravado, as if the rest of her carcass, were to bee let or sould out right? Oh peace a while! what will prooue her confusion: when the daye hath run its race? when shee must needes shut vp her shopp, having not met with any customer whosoever, not one admirer of her treasure? Modesty is it, which hath enticements not found els where; there-in onely.

I pray yee stay not a jot, come hither speedily, bee the spectatours of this fond toye, this Foppe. Whose best draughts through age, are become void of  
moss,



'FOR LADYES. 173

moſs, and hence borrow for the ſtage, the artifice of ſo many flies, as if they could nippe ſome one or other, though ſuch bee her age; a ſtrang paſſage: but commiſerable: for it's even ten yeares ſince that beauty bid her the laſt adieu: and if ſhee daily employ all her ſtudy for it's recovery: what ſoly would it appeare, to weare time preſent, for to call time paſſ'd, againe: yet might ſhee bee happy in her diſaſters; were it ſo; that though ſhee ſuffer ſhipwracke: yet that at length ſhee take hold of vertue, to redde-me her ſelf from danger, nay rather, from vtter loſs.

Haue yee but a little patience to view the Lady who cometh in a coach all guilt; by her countenance, and demeanour, I gueſs:

K

that shee doth esteeme her self, to  
bee the Idole of eache one, who  
behold her with attention, not re-  
flecting aught on Time, her new  
coach-man, who waiteth on  
her, it's hee, who beareth her in  
the same carre of triumph, to the  
altar of her sepulcher, there to  
be offer'd vp with shame together,  
with all her adorers.

But shee that's there, how mis-  
bee-seemingly doth shee lend her  
care, and attentiuely, to the pra-  
tlings of a giddy humorist, who  
courts her, and yet; what is much  
more vndiscret; she believeth all  
the lyes the braine-sick delivereth  
vnto her. Mee thinkt I plainly  
heare him sweare: that shee hath  
the rarest aspect, and most admi-  
redst eyes, that ever did appeare

in this hemisphere, and solely on the confidence, shee hath given to her lookinglass, she doth belieue him.

In the meane-while; heere are found braue assurances, rare cautions indeed. Ah how is it now? doth shee not know, that the first oath of an amorous, is to obserue not one during the time of his passion? And further it's the common fashion of lover's speeches, it's their aire, to say to their Mistresses: that they are mervailously faire, even to perfection, these are their customary wayes, now a dayes: and yet most vnhappily; it's to be deplored truely, yee ordinarily belieue them, nor reflect yee aught: that your first betrayer, is your lookinglass, it alas, for pittie!

Yet will I grant, that shee is rarely endow'd, and singularly graced with beauty: there is the seat of her vanity. Could there bee added sense, and life vnto her counterfaite, her picture; shee would thereby by many a degree surpass the Prototype, the Original: for that luster may bee conserv'd as her proper: this hath nothing in peculiar, but the necessity of decay; In so much; that when one persuadeth her, that shee is mervailously faire, shee should take theise as ordinary discourses: since her beauty passeth by, is of like nature to the praises, which are given her, meere aire.

Will you haue more of her? It's true; that shee hath the fairest

eyes, that ever the world beheld:  
 but when? when they are cleare,  
 after dinner, and why not before?  
 I'll giue yee an answer; The  
 mornings entertainment is to take  
 care of her gummy eyes, or eye-  
 browes. There can not bee seen  
 a nose better shap'd, then is hir's:  
 I confesse it: but shee must haue  
 supplied vnto her, a cleane hand-  
 kercher, and that every day. I  
 must likewise ingenuously averre;  
 that her mouth is very little, and  
 pretty: but it's too streight a pas-  
 sage for her stinking breath. Her  
 complexion is delicate, even to  
 perfection, it's evidently seen: but  
 thus much is say'd, to the end,  
 that shee might apprehend all  
 things. The Sunne, the Fire, the  
 Aire it self, are her enemyes, which

make a perpetuall warre against her, vntill Time hath donne his worke, whereby shee may bee hidden vnder earth.

Shee hath an excellent wit, doubt yee not therof a whit: for shee vttereth rare, and curious passages; it were much better: that shee would apply her self to piety, to goodness. One doth enquire of workes: rather then of words. What is it to purpose, if shee haue a faire manner, and demeanour in speach, the true measure of her deeds shall iudge her. She sing's admirably well. Had shee n'aught else but her voice; shee could not enthralle otherwise: then by the eare: they who haue not affaires wherewith to entertaine their times, in passing by for



their pleasure, would giue eare vnto her : but when shee maketh an end of her songes , they begin to meditate on something. Il'e say no more. If soe it happen , that there bee praises of her , given vnto her, they will returne the aire which she hath lent them. Iudg yee whether shee will bee well content. In summe ; let her bee rich as was Semiramis , and more faire then Hellen. The one confess'd on her Epitaph , which shee caus'd to bee engraved on her tomb-stone ; that she never possessed aught in proper , when shee had her treasure : but corruption , and misery. The other ; after shee had entrapped insensible hearts by her subtle charmes , strook pittie vnto her greatest enemyes onely hearing

of her misfortunes. Ladyes, flatter  
not your selues. One sighe of re-  
pentance for your vanityes, will  
yeild yee more glory, and more  
benefit: then all the teares yee can  
make your enthrall'd slaues poore  
forth. In the meane while night  
warneth yee to reit: behold  
your dayes journey at an end; now  
render account vnto your lookin-  
glasse, of the number of your con-  
quests. But in earnest how treat  
yee with it? It's true, that yee  
haue made many an one sighe; if  
yee bee proud thereof, the aire  
will remaine with yee; n'ought  
else haue they return'd vnto yee.  
They haue sayd true: that yee are  
very faire: it's enough for yee to  
shew your selues, at the window,  
and there to remaine a while, in  
the

the evening's aire to giue care to the harmonious Salute, the ferenade in fashion : which is offred vp vnto yee ; longer yee will not bee : least your cheekes bee swollen by defluxion. Iudg yee then, without flattrring your selues, whether one can loue yee long : since that solely your beautyes are the causes that yee are esteemed of at all.

How many haue I seen of theise Idolatresses of their own beautyes, who after they had made publicly profession to enthrall the hearts of the most insensible, haue come atlength to such distress, to such misery through their deformity : that they were soe farre from beeing beloved : as that they proved rather an affright to the

world, rather despis'd, then pit-  
ty'd. Truly, Ladyes, if yee knew  
to how many accidents your beau-  
tyes are subject, it would be vn-  
to yee perpetually, rather the ob-  
ject of your neglect, and mispri-  
se: then of your wonder. I deny  
not, but that it's one of the mai-  
ster-pieces of Nature: yet the self  
same is become a stepdame, gi-  
ving it self over to a thousand sor-  
tes of mischeifes. It's true indeed,  
there is not aught more Divine on  
Earth, nor more enchanting: but  
this Divinity is alike to that, which  
one doth attribute to Alexander  
the Great, whose blood trickling  
out of his veines, shamefully pro-  
faned all the Aultars which were  
dedicated vnto him: such are theise  
charmes, they are meere illusions

FOR LADYES. 83

which deceiue, and abuse weake  
soules.

Verily, Ladyes, yee must come  
to this point; that is; to belieue,  
that vertue solely hath allurements,  
and graces, which are approv'd  
by Time, and Death. All the in-  
ticements, and all the charmes of  
Nature are by degrees despoil'd,  
together with it self. And though  
it seemeth to conserue it self: yet  
by it's proper ruine finding it's es-  
tablishment in it's decay. Time  
ceaseth not to abbreviate from  
hower to hower the terme of the  
others raigne, whilst hee dooth co-  
sume himself. In such sort; that for  
your comfort, all that yee see, doth  
vanish with your sight. All what  
yee heare, doth disperse it self  
with the aire, wherewith your

cares are filld, and so for the rest, without that there bee aught found permanent on Earth.

Ladyes, it's solely Eternity, which changeth not, it's it which doth remaine as long as your soules, and your soules, as long as it. Wheresoever yee take your courses, it's immensity will fill all, and it will bee the bounds of your affaires what soever they bee: After one hundred thousand yeares, it will not bee an instant of Time's permanence, after one hundred thousand millions of yeares, that instant of which I speake vnto yee, will not bee though expired. How! Lord, shall I perseuer to offend thee ever? know I not, that thou art just to all Eternity, and hence is it, that thou punishest



FOR LADYES. 85

sinners with torments, which haue no limits. To burne eternally! Oh how the fire which brought Saint Laurence to ashes, doth invite mee to meditate on eternall flames, on, to bee deprived Lord, for ever, of the pleasures had in glory! Oh! how the burthen of thy crosse is sweet, and light: if it bee compared with the paines of our privation, which never will haue end: I can say no more, I can goe no further. It's necessary, that I meditate on this so serious a subject,





A N  
**ALARVM**  
 FOR LADYES.

*The sixt Dayes Worke.*



T's read; that the Tyrians were forty dayes, without shutting their eyes, for rest: the continuall alarum's were such vnder which they liu'd; where they saw themselves, together with their

towne become cinders.

Oh! Ladies, how can yee close vp an eye, within the trenches of perpetuall feare, misery, and calamity, where the direfull sound of this Trumpet for judgment, doth hold the most stout, the most bold in awe, and dread. This heere, doth not menace one sole burning to ashes: but rather; a thousand death's together. Further; the torments are to bee for ever. Then, rouse your selues; and since yee can not gaine say this eternall necessity to dye: dye valiantly with armes in your hands. The benefit thereby had, is companion of glory.

Amidst all the tortures, which cruelty hath invented ever, it's esteemed that there is never any of  
more

more rigour: then that it of watching. What an vnquietness is it to sleep never? But if so bee it, that for having slept too much in this world, yee prooue condemned to watch incessantly in the other: what affliction say I, is it, to bee kept awake. I meane not on your downe beds, your delicate couches well made, and in curious order: but rather on beds of fire, of flames, which by Deuine vertue, will burne without consuming yee. I tremble for feare, yea even to horreur, each time wherein, I meditate heeron.

I find not any thing of less worth in life: then is sleep; and they who haue compared it to death; therein haue found as pregnant reason: as proportion. It's

true; wee daily dye; but when the new death of sleep doth surprife vs, can not wee say: that wee dye twice, at once? Our foules haue somewhat to doe, to handle in their follies, the life of dreames, wherewith they are then all taken vp, it's a kind of death vnto them, as proovert the light of reason; which doth onely rule their facultyes: in so much as that; they who sleep much, are more fortish then others, and also more subject to a suddaine death, as if so that their continuall action dying twice, did conferre vnto this heavy accident. I returne vnto yee.

At lenglht, God bee thank'd; yee are awakened. How meane yee to pass the rest of the dayes



journey? I am assur'd, that yee ought to haue leisure to bee dress'd; atleast consider amidst theise vaine entertainements, the deplorable manner of life yee liue vnder, day, and night, namely; to cloth, and vncloth your miserable carcasses; whilst Time hath prepared each one's sepulcher.

Il'e tell yee yet againe; that the trade vnder which yee are ever apprentices, is a lamentable state, and beeing. Liue yee not a strange life, to change your clothes very often? there's each day somewhat to say; for the manner of them, differ: in so much as, what is now in fashion, hardly will suite with yee, and serue your turnes to morrow, so certaine is the world in it's inconstancy. as are

your humours.

Ladyes ; there are not found other clothes which change not fashion : but your winding sheetes ; they allwayes are the same : but ; as each one chooseth the colour's they best like of ; if your mournfull one's, agree not with your present humours, yet accustom your selues therevnto , taking your measures of them each night in your beds : the ground therein to be found , and the necessity, will render vnto yee in the end, an object , which will suite with yee , not distast yee a jot. Ah, no.

I neither enquire whither, nor to what places yee direct your steps , your paces in your carottes ; the whether is so faire : that

it inviteth yee to goe abroad, and take the aire. I will attend yee with my thoughts, according to my wonted manner; to know the subiect, and ground of your time's enternainment, what it may prooue to bee.

Behould yee in a curious garden, there seated nigh a fountaine, vnder the shaddow of many trees, whose branches on their tops are joyned together, or very nigh. Your intentions in so doeing are to lend your gracious cares a while vnto the nightingale: but the letter's sence of her warblings, I must declare vnto yee; shee telles yee in her language, in her manner, such as it is: that it's good to salute the Sunne each morning, likewise in the evening. To ten-

der vnto the Moone some curious musick or other. Theise maling Planetts desist not by the influences of their cours, to giue a speedy end vnto her Kingdome; in such sort, that her shouts, her turnes, her diuisions, her quaverings, and redoublings are so many griefes on the vnhappines of her state: since that shee hath no voice: but to invite the world to her funerall rites, hence is shee constrain'd to dye the sooner, through the necessity of her singing.

Likewise the Turtell, who seeketh in vaine her companion, lamenteth her misfortune in another tune: which doth shew vnto yee: that Time is greedily gaping, after the ruine of each thing. And though that the Eccho, bee

FOR LADYES. 95

but a sound, a voice; Time beeing  
vnable to make it cease, by de-  
grees devoureth the rockes, which  
giue it a rebound. No, no Ladyes;  
Time doth not forbear anything.  
What though Time were decey'd  
once; as it is mention'd in the fa-  
ble, when Orpheus requir'd of  
Him Euridices? Time hath had  
memorable reveng, as may bee seen  
in the Historyes of all the Poets,  
who to that end gaue him their  
counsailes.

But how well are yee placed?  
it seemeth to mee; that it's to me-  
ditate at your ease, and repose on  
that all, which God Almighty  
hath created heere below, and that  
it all doth participate of the same  
nature that doe the flowers, and  
fountaines which yee see, since

that all glideth like to the swift-  
ness of their waves, passages, their  
currants.

Yes, Ladyes; the World is a  
garden of flowers, various in their  
graces, their beautyes, colours,  
and their odours: but all theise  
according to Nature, are of the  
same matter. Il'e declare my self  
more clearely. God Almighty in  
the space of his Creation, planted  
all what soever yee admire heere  
below, in the garden of the Vni-  
vers, namely; flowers of diuers  
colours, also of valiew; but all  
of the same matter: for; there is  
not one of them exempt from cor-  
ruption. Theise truly are the flo-  
wers disclos'd in the morning, dis-  
playd at midday, faded in the eve-  
ning, and of which Time, who  
is the



is the gardener, croppeth what hee will, and then, when it best pleaseth him.

Certes, Ladyes, the world is a fountaine, and whatsoever it's composed of are its waues, which properly haue nothing in their nature, but swiftness passing by. This is essentiall, to what soever that's heere below. Yee may please your selues, to cast your eyes, on all the objects, which yee find every where about yee. There is not one onely, which doth not returne yee the like adieu which yee giue them: since that yee runne the same race all together, though diversely, and by different wayes, and manner, into the gulphe of the tomb.

For all that hitherto hath been

**N**

say'd; make vnto yee, a posy of flowers : but in gathering those flowers-deluces, those roses, those pincks, and gilly-flowers, thinck that Time likewise, is daily busy in the gardens of your faces, there cropping sometimes; the flower-deluce of your paintings; other times; the roses of your cheekes; then; the gilly-flowers of your lipps : Whereof hee composeth a nosegay of your inconstancies. Yee sensibly apprehend this verity, other proofes are not requisite.

How now, Ladyes? All theise will fade in your sights, like a flower. All theise will glide before your selues as waues; and yee as if insensible, will not stirr a jot, no; not a jot; never, nor reflect the least on the necessity of dying:

from which, God Almighty after the delivery of the law, would not exempt himself, no, not himself. But if the sole thought of death amaze yee; meditate a little, how our sweete Saviour hath the first quenched, the thirst within the Chalice, which hee presented, to the end; that at once hee might take from yee both feare, and bitterness, acquitt yee of such like weaknesse. Death is not terrible; but to the impious. It's true; that it oftentimes astonisheth the most just, through apprehensions of Gods judgment: but by degrees, this feare becommeth weaker, through the faculty of their reason, having much more hope of mercy: then feare of justice, their consciences, will them soe; in such

100     A L L A R V M O T  
manner, that in their agonies;  
Nature is sole Authour of the fea-  
res, wherewith they are shaken.  
Truely; I know not where I am  
heerein. But what is that which  
I heare? it's the great bell of the  
town, which giveth yee notice:  
that the gates thereof will speedi-  
ly bee shut.

Ladies, why lend yee not like-  
wise the eares of your imagina-  
tions to the noyse of this Trumpet  
of judgment, which never ceaseth,  
and doth advertise yee: that the  
gates of Paradise are at the point  
of beeing shut for all Eternity, and  
that yee shall never enter there: if  
yee change not your liues. Ah Eter-  
nity! how thou do'st rejoyce mee,  
and jointly astonish mee.

See Ladies at lenght, your dayes  
journey hath it's end, and it will

be found to bee well spent for your turnes : if so that yee haue made your benefits of these important truths , which I haue set before your eyes.

Even so will pass all the other journeyes of your dayes, to your loss, and confusion : if at least, you take noe notice of this truthe : that they runne their race they, pass by. Reflect seriously with your soules on that meditation ; and it will prooue impossible : that speedily yee make not an accrew of good deedes, an amass, in favour of your soules. They haue nothing proper to them selues : but them onely. They will bee all their treasures, all their greatness, and all their felicities, whereof God shall bee the object, the end, the measure.

If yee knew, Ladyes, the true hearts content, which on enjoyeth; who hath lived well; when so one cometh to one's stand, abbay, one's last end, one's death, yee would labour with all care, from this instant forward in your conversions on which yee would bee more intent. If yee doubt the least of this trueth, and yet, alas! enquire of your felues, how it was with yee, at your last sickness. The anxietyes yee had, for your offences, likely increas'd your greifs; and further; set before your eyes the joyes, and vnspeakable comforts, wherewith an innocent life might haue cosol'd hearts. Truly, I can not conceiue, that there is aught more pleasant, more delightfull, assuredly there's nothing in the Vniuers more delicious.





A N  
**ALARVM**  
 FOR LADYES.

*The Seauenth, and last  
 Dayes Worke.*

**I** ADYES, how is it  
 with yee? I yet awa-  
 ken yee againe, I am  
 the same this very  
 day in God's name:  
 since that hee giveth leaue that  
 this Alarum come to your hands

to looke on, so long as your eares  
vwill dispose them selues to heare  
attentiuely the harmony therein  
to bee found for the benefit of  
your soules. I speake to day, as a  
day of repose, wherein yee ought  
to meditate of happy Eternity,  
vvhich is proposed vnto yee for  
your reward: but; as it is the last  
entertainment, vvhich I am to  
haue vvith yee; it is expedient; that  
I make yee partakers of my soli-  
tude; knowing through long ex-  
perience the profits vvhich hence  
yee vwill receaue, bee it, that yee  
follovv my counsaile. Represent  
your selues, make your approach:  
for God hath provided, from all  
Eternity; that this little booke,  
should fall into your hands, ei-  
ther for your benefits, or for your  
vtter

FOR LADYES. 105

utter losses for your profits; to your benefits; if yee obserue th'instructions which I giue, and which God himself hath inspired mee with: To your losses; if yee shall misprife, what is heerein delivered: this very booke doth convince yee of voluntary blindness, and declare the admirable favours, which the infinit bounty shall hereby haue shewen vnto yee for your safety: it's in yee as yet to choose. Il'e tell yee then, for your instructions, how profitably yee are to pass your journey. From the time yee are awakened, let your hearts bee as sensible of the new present, which God hath giuen yee this new day: as your eyes are pleased, in admiration of his light. Then; vvithout merchan-

dizing vvith your beds, vvhat ti-  
me yee vvill further assigne to  
your selues, for your sluggifness  
get out of them, and as soone as  
yee are on your knees before a  
Crucifix, make that it your loo-  
kinglasses; it's there where yee  
may indeed become in loue with  
your selues, weighing your va-  
liew by the price of that blood,  
vvhich hath bought yee: O rare  
miroir! Oh! lookinglass to admi-  
re indeed!

Render thanks vnto your Sa-  
viour, that yee vvere borne, and  
for your instructions in the Chri-  
stian, Apostolique, and Roman  
Faith, as the onely vvay of safety.  
Then; offering vp vnto Him all  
the cogitations, the vvords, and  
actions of the journey yee are now

about, beseech Him submissiuelly to illuminate the one, and animate the other, to governe theise, and to bee the object of them all together: so farre forth, as what yee shall think, and say, may bee receiued by Him gratefully.

Let the end of this prayer bee, the beginning of your necessary affaires to cloth your selues: but entertaine the least time therein that yee can, without trouble, or curiosity. I forbid yee not the poudre: since yee are no other; But expressely the pomada, and vermillion: For; though theise are harmeles in themselves: yet they may prooue pernicious, indeed not blameless through the illis which they may produce, and; as yee shall haue been found com-

plices of crimes : so likewise by  
consequence of paines.

As soone as yee are dress'd,  
prepare your selues to goe to  
Mass, where yee shall perseuer to  
render thanks to God, for an in-  
finity of his gracious favours con-  
ferr'd on yee, nor ever let your  
spirits bee diverted aught from this  
principall, and Divine object:  
which yee tooke your selues vn-  
to, as well by reasons: as by re-  
cognizance. Present your selues  
in such manner; that though  
God bee in each place, our Sa-  
viour, is both in body, and soule  
on the same Aultar, where yee  
offer vp your prayers: It ought  
to cause yee, to bee humbly gra-  
ue, and wary, even to the not  
daring once to turne your heads



without necessity, nor speake one single word, vnless compulsarily. At return from Church, each one hath somewhat to entertaine their times with according to their qualities, never to bee found idle, expecting dinner time: where gormandizing; will bee remarked for an offence so disgracefull in a yong Gentlewoman; as enormous before God. Shee, who therein can not command her self, is a slaue all her life.

Are yee invited to a feast, goe thither: but so, that it prooue a banquet for yee, as neither eating, nor drinking beyond your ordinary custome: hence yee will find, that your bodies will bee the more sound, more healthy, and your soules more innocent. If

after it, yee take a walke; divert your selues from such discourses, where no body is intereſs'd: but if one of the company, doth ſpeake ill of another, all though it bee in jeſt, turne the diſcourſe, in a faire manner, and to the end: that yee may never accuſtome your eares to well-like aſperſions, lay'd on any for defects; it beeing, that yee your ſelues are too much charg'd with them.

If yee paſſ the afternoone within your doores, each one of yee, will employ your ſelues with your needle, or read ſome devout booke, to entertaine yee more profitably, during the afternoone. I ſay your booke of devotion: as for the eloquent ſpeeches, the Romances, and for the

Comedyes; they are toyes, meere fables: which discover in the end, the vndoubted folies of them, who soe haue been their advancers, and given them esteeme, therein haue they employed their times, exceeding ill.

Bee it a holy day; then let this Alarum wherewith I present yee, hinder yee from sleepe, howsoever at the Sermon, and doe not yee imitate such, who are devout in fashion, who are weary on good friday, to heare of the passion, without considering: that this our Devine Saviour, who hath suffred those, for your selues, had more patience in his torments: then haue those impious had, to heare onely the recitall, which hath been made. Oh

Lord! for what other crimes dost thou reserve the thunderbolts of thy justice.

When the hower, of your rests doth call on yee, before yee be vnclothed make your recourse to consult, to advise seriously, and most attentively the last time, the self same lookinglass, it's the Crucifix, fix your eyes on it, and there examine your consciences, humbly beseeching God's mercy's pardon for all your trespasses, which yee haue donne, during this dayes journey, and that yee may haue grace, to retaine your selues from sinne; that yee may not fall therein againe. There are yee to resolute: then with the same action; offer vp vnto him, all your desires, and hopes concerning the  
repose,

FOR LADYES. 113

repose, and tranquility of your liues : so that hee iustify the one through his benignity, and the other through his infinite power: but rather ; humbly resigne your wills to his. Obserue it well : that hee , who knoweth to compose him self well to God's will , is the wisest of the Vniverse.

It's that onely science, Ladyes, which can seate yee in repose. Build not the height of your desires, on the greatness of your families , nor on the favour of your freinds. I haue seen , sayeth the Prophet, Lords of the Earth, elevated beyond the height of the Cedars of Libany ; but a dreadfull story to recite, next day haue vanished from myne eyes , and hardly could I find one, who

conseru'd so much as the memory of his having been. The Favourits of the World ; are of the same nature, they solely pass it by. Their fortune is a suddaine flash of lightning, which farre surpasseth thunder with it's inevitable fall, in sort such : that if God lay not the first stone to all your buildings, all will fall ; there will not bee found aught, but ruine.

Desire then never aught : but what is of God ; that's to say ; that what soever are your affaires, yee fully referre them all to his Sovraignity, and without murmur to his Devine Providence : since that the ordering of all, doth properly appertaine to him. Wish yee to bee Religious, or to bee married ? take vnto yee that



FOR LADYES. 115

restraint of humility, and obedience: my Lord, thy will bee donne. It's the prayer which hee hath taught yee; judg yee whether it ought to be acceptable vnto him, and whether profitable to yee: End your examinations by a prayer to the Virgin, as well for her particular merit, from whence the flash through admiration of it's light so bright, dazeleth the sight of all the quires of Angell's: as also, for your safety; since shee is Advocate, and all puissant Mediatress, who so hath this Virgin in assistance, will never perish.

[illegible]



A  
**PARTICVLAR**  
**ADVISE**

*For direction of a one's life.*



EVER bee confident in  
 aught but in God : all  
 freindshipps of the  
 World , retaine parcell  
 of it's variable Nature : such an  
 one to day would dye for yee,  
 who to morrow , were yee dis-  
 ceased , would not so much as

honour yee, attired in morning.  
Interests is ever found in affections,  
bee they never so pure. Become  
yee ill favoured, poore, or old,  
all your great freinds, and who  
so were last evening your loyall  
lovers will even vanish this very  
morning, and if yee send for them,  
none of them, will bee found at  
home for yee. Ladyes, it's onely  
God, who is a perfect lover, and  
such like freind indeed. Will yee  
have proofes of his goodnes?  
Hee dyed for yee before yee were  
borne. Require yee testimonies  
of his mercy? dayly hee confer-  
red grace on yee. Loue then him  
onely. Ladyes, confide in none  
but in him, and yee shall never  
bee deceived.

Offer vp your selues in all pla-

tes, for God doth replenish the Vniuers. Hee is every where, in such sort, that hee is witness of your actions, to the end, that this consideration, might retaine yee in the duetye yee owe vnto so Saintly, and adorable Majesty. The most consonant prayer, which yee can offer vp to God, is for your enemyes: since hee himself hath given yee the patterne, then; when hee was nayled on the Cross; where having nothing but His speech free, serued himself thereof, to craue pardon for those vilains, who brought him to that beeing; that misery. Oh vnheard of charity! our sweet Saviour call'd out for mercy for them, the self-same, who gaue him gaule, and vinaiger to

quench his thirst.

Even then, when in the dead of winter, yee are in your beds shelters, free from cold weather, and other damages which might endanger life, set before yee, how many poore there bee at this very instant, who haue but a little dunghill-straw, for their beds sheets, and coverlids, without hope, that to morrow they shall bee provided better. Then; consider some-what further, elevate your spirits to an higher pitch; behould; that God hath given vnto yee degrees, exempt from such like miseries, mooued by nothing else; but his goodness, and bounty conferr'd on yee. Truly they are benignties, which justly exact eternall, and gratefull notice;



notice; I wonder not aught that vnthankfull hence bee punished for ever. Take heed, that yee prooue not of the number.

Offer vp your selues againe as having been the same from all Eternity, whom yee are now in the judgment of God Almighty. And what yee ought to ponder more sensibly, is; that amidst the infinity of soules, his power Almighty doth create daily, hee hath selected your's, to bee instructed in that Religion, wherein solely yee may find your safetyes. I am confused, nay rather extased, jointly each time, I consider on such venerable truethees, and adorable.

What a wonder of goodnes is it, that God hath loved yee wi-

thin himself in your nothing, before all ages I say loved yee, even to the conferring on yee a thousand sortes of benignities, of which many other's of your sexe are deprived. Adore yee; adore yee, Ladyes, this Devine Providence, which in such manner hath ordained in your favour without your retributes, without your deserts.

Bee not yee proud of the admirable qualityes, which yee possess aboue your companions: least that God punnish yee, and take vengeance on yee for it. If yee bee very faire: bee yee likewise very humble, to the end, that the world may honour yee: when yee can not bee beloved more. How many haue I known, who

in one self same day, were highly  
pris'd, mervailously esteem'd of,  
and jointly admired for piety by  
all the world. Humility in Ladyes  
hath more winning grace in it  
self: then all the gifts of Nature  
join'd together.

In all your good deeds; let  
not Paradise bee the sole object,  
and scope of your workes: for as  
interested, and mercenary, yee  
would loose parcell of their me-  
rits: but say with Saint Augustine;  
Lord, were it even so, that thou  
hadst not a Paradise to bestow,  
I would not desist to loue thee  
solely: for thou art perfectly amia-  
ble; and further, by meanes of  
loving thee, I feele to my advan-  
ce, the delights of the self same  
Paradise, which thy mercy ma-

keth mee to hope for. My Lord,  
following on, also; I should not  
cease to feare thee, hadst thou not  
a Hell to punish mee: since that  
each time I offend thee, I find my  
self incessantly tormented, and I  
beginne to suffer the paines whe-  
rewith thy justice doth menace  
mee. Ladyes, good is to bee be-  
loved for it self, and, as God  
Allmighty is the fountaine there-  
of, yee must forbid your hearts  
that they never sighe, but for the  
loue of him if so yee will that the  
very Angells bee passionate in  
your behalfts.

Bee not yee one of those faint-  
hearted, who wax pale; and  
wanne for feare, when one tells  
yee of death; nay farre otherwise;  
like of the discours well, and the

meditations thereon, to the end that yee may accustome your selues betimes, to pass that over fairly; which yee must vndergoe of necessity, namely; finish the worke, which yee haue begun, from the first moment of your liues, and wherein yee goe on incessantly. Oh how terrible is death to them who never haue meditated thereon!

Let then each of yee shew your selues oftentimes, vnto your selues in some private retire: and enquire where yee shall bee hence fiftie yeares to come, more, or less, and elevate your spirits on this serious subject. Yee see what it delivereth: It's true, that then the same bodyes; which now haue soules, and on which even now

set so great a valiew will become  
no other then hillockes of dung,  
where the wormes will make their  
seate. But what will become of  
your soules? wherewith will they  
entertaine their times during this  
long Eternity? Is it that they must  
burn in Hell in expiation of their  
crimes? At theise last words breake  
your silence, and if yee bee in a  
retired place, where yee can not  
bee heard, cry, out aloud, and  
boldly with Saint Augustin, say.  
*Lord, burn, cut in pieces, and reduce  
into powder, this miserable body of my-  
ne, I abandon it before the fury of thy  
justice; so that thou pardon my soule  
in the other.* Ladyes, Oh! what  
mervailles would theise words pro-  
duce recited often, for the assu-  
ring of your safeties: but in it,



experience will make yee sensible of much more then can I heereon deliver.

I end here with this last advise; which I offer vp vnto yee, as one of the most importants, and of most benefit: that yee take vnto yee a particular devotion to the Virgin, daily saluting her with some Hymne in her praise. On whom one of the devout cryeth out; that the Angells bow vnto, the Heaven humbleth it self vnto, and that all Nature trembleth with honour, and feare before this incomparable Marie; since that her womb served for a cradle to her Creatour, her breasts for nouriture, and her armes for a rest. Truly; she who perfectly knoweth to honour her; is not

128 ALARVM FOR LADYES.  
aught wanting, in what shee  
ought to vnderstand, for the  
good of her safety.

F I N I S.



